

QA14 - PediaSure

QUESTION:

We have a 12 month old who was born small for gestational age and is diagnosed with failure to thrive. Currently the child is receiving Nutramigen mixed to provide 26 kcal/oz. We were advised that PediaSure is not recommended before 24 months. We have several children on our program between 12 and 24 months old receiving PediaSure. Please comment.

ANSWER:

According to Ross Labs' product information, January 1999, PediaSure is designed for children from 1 year to 10 years of age. The same is true of Mead Johnson's "Kindercal", and Novartis' "Resource Just for Kids" (30 kcal/oz or 1 kcal/mL pediatric formulas). I have experienced using PediaSure in children 12-24 months of age, and have found it to be tolerated well. Questions to ask yourself before starting PediaSure:

How much fluid does your patient need? PediaSure is 84% free water. Depending on your patient's weight and energy needs he/she may need more fluid than he would get in full strength PediaSure. For example: a 9kg (19lb 13 oz) child needs at least 100mL/kg/day (maintenance fluid for a child under 10 kg). If you were providing 110kcal/kg in full strength PediaSure (110 mL PediaSure per kg/day), you would give only 92 mL free water per kg/day. In this case, you may want to dilute the PediaSure to about 25 kcal/oz to ensure adequate hydration, or make sure he/she is given enough free water in addition to full strength PediaSure to meet fluid needs.

Does the child have any condition which would require protein to be limited? PediaSure (as well as the other pediatric formulas) contains 3gm protein per 100kcal; thus a child receiving 110 kcal/kg would receive 3.3gm protein/kg (268% RDA for protein for a 1-3 year old). PediaSure would be contraindicated in some conditions.

Is this child on Nutramigen because of real or suspected allergy to milk/soy? If so, PediaSure would not be appropriate. PediaSure contains milk and soy protein; other standard pediatric formulas (e.g. Kindercal or Resource Just for Kids) also contain milk and/or soy proteins. In the case of allergy, one would think of giving a peptide based or elemental formula designed for children 1-10 years old (e.g. "Peptamen Jr." by Nestle, "Pediatric Vivonex" by Novartis).

Is this child on Nutramigen because of real or suspected intolerance to lactose? PediaSure is lactose free (product information says "lactose free" but do not use for children with galactosemia; that leads me to believe that there are traces of lactose or galactose, a breakdown sugar of lactose, in PediaSure). As long as the child does not have galactosemia, one could use PediaSure for the child with lactose intolerance.

Reference:

- 1) Ross Product Information, January 1999.